Parameters of Apoptosis and Prevention of Neuro-Like Conditions in Patients with Type II Diabetes Mellitus

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ABSTRACT

Neurosis-like states are a group of neuropsychiatric diseases that resemble neuroses in their symptoms, but the occurrence of which is not caused by a stress factor or psychological causes. A neurosis-like syndrome is manifested by such symptoms as lethargy, increased fatigue, distracted attention, general malaise , irritability , irascibility, anger , anxiety, anxiety, and fears. A neurosis-like state is caused not by the very presence of the above diseases, but by the fact that, arising and developing, they lead to disturbances in the functioning of certain brain structures (hypothalamic-limbic), which in turn leads to a disorder in the neurodynamics of the cerebral cortex.

Keywords: neurosis-like states , diabetic encephalopathy.

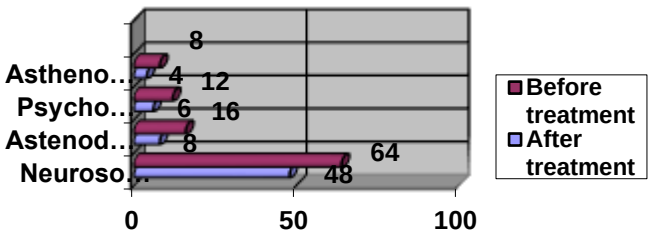
Diabetes mellitus is a disorder in which the concentration of blood glucose is persistently raised above the normal range. It occurs either because of a lack of insulin or because of the presence of factors which oppose the action of insulin. Hyperglycaemia results from insulin action. There are many associated metabolic abnormalities—notably, the development of hyperketonaemia when there is a severe lack of insulin, together with alterations of fatty acids, lipids, and protein turnover. Diabetes is a permanent condition in all but a few special situations in which it can be transient. A wide variety of disturbances a vecting the central and peripheral nervous systems, either directly or indirectly, may be encountered in patients with diabetes mellitus. This short selective review concentrates on recent progress in the delineation of the clinical features of the neurological syndromes related to diabetes and their management. It will deal, sequentially, with the classification of diabetes, a listing of some genetic disorders that may be accompanied by diabetes, the consequences of acute metabolic decompensation, and somatic and autonomic neuropathies, cerebrovascular disease, certain infections that have a particular association with diabetes and, finally, congenital malformations. Questions about relatively persistent mental disorders in patients with diabetes attracted the attention of many authors already in the 19th century, who, in particular, indicated that diabetes mellitus often causes real mental illness. However, later it was established that such an assertion was false. As rightly pointed out in 1954 r. M. Bleuler, patients with diabetes are mentally healthy people, although they, like those who do not have diabetes, may develop mental disorders. According to this author, highly intelligent and energetic people are more likely to be found among diabetic patients than among the rest of the population. A significant frequency of neurotic phenomena

in diabetes (including juvenile diabetes) is reported by many authors, emphasizing the negative role of the unstable course of diabetes and especially numerous hypoglycemia.

Purpose of the study. Prevention of neurosis-like conditions in patients with type 2 diabetes mellitus.

Materials and research methods . 25 patients with type 2 diabetes mellitus with neurosis-like disorders identified during neurological examination were examined. The study was conducted in the endocrinology department of the ASMI clinic. Of the 25 patients examined by us, the following neurosis-like syndromes were identified: n eurasthenic - in 16 patients (64 %), manifested by a hyposthenic form in 4 patients (16 %) and hypersthenic - in 12 (48 %) ; and stenodepressive - in 4 patients (16 %) ; n sychasthenic (compulsive states) - in 3 patients (12 %) ; and stenoipochondriacal - in 2 patients (8 %). The most common symptoms were: increased irritability (from mild to outbursts of rage), rapid physical and mental fatigue, memory loss, sleep disturbance (often in the form of poor falling asleep, light, shallow and intermittent sleep), difficulty concentrating, a feeling of internal dissatisfaction and resentment, narrowing the range of interests, apathy, lethargy, tearfulness, a tendency to depression, increased anxiety and timidity, obsessive fears. All patients received Magne B6 forte 2 tablets 3 times a day for 2 weeks.

Results and Discussion . After taking the drug Magne B6 forte in patients with diabetes mellitus, neurosis-like symptoms looked like this:



neurosis-like syndromes: n eurasthenic - in 12 patients (48 %), manifested by a hyposthenic form in 3 patients (12 %) and hypersthenic - in 8 (32 %) ; and stenodepressive - in 2 patients (8 %) ; n sychasthenic (obsessive states) - in 2 patients (6 %) ; and stenoipochondriacal - in 1 patient (4 %). Decreased irritability , physical and mental fatigue, apathy, lethargy, tearfulness, tendency to depression, increased anxiety and timidity, obsessive fears ; normalization of sleep was observed. Also in the observed patients there was a relative normalization of blood pressure and hyperglycemia in the blood.

Conclusions:

1. In the occurrence and neurosis-like symptoms in diabetes , the premorbid personality traits of the patient, the type of his higher nervous activity, the severity and duration of the course of diabetes, and the presence of cerebral vascular disorders were important .
2. When patients took the drug Magne B6 forte, neurosis-like symptoms regressed, there was a decrease in blood pressure and relative normalization and maintenance of hyperglycemia at a constant level.
3. By increasing the sensitivity of body tissues to insulin, there was a relative decrease in hyperglycemia in the blood.
4. Prophylactic administration of Magne B6 forte provides the body with the necessary

forces, strengthens the immune system, and increases the body's resistance to everyday stress.

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